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TAYLOR-MADE
NASHVILLE-BASED STAR TEAMED
UP WITH A WHO'S WHO OF
POP SONGWRITERS FOR HER
FOURTH ALBUM, RED PAGE 15



Tuesday, October 23, 2012



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Get my mom home: Son

Trapped abroad.

Ottawa man's mother
sentenced to 7 years in
Peruvian prison after
falling for romance scam

A one-time Somerset Ward city-council candidate is at his wit's end over his mother's yearlong incarceration on drug charges in Peru.

Don Fex says his mother Norma, 59, was the victim of a romance scam. A U.K. man lured her to the South American country and duped her into being a drug mule, he says.

Now Fex says his mother is struggling with harsh jail conditions and he feels Canadian consular officials aren't doing enough to get her back home.

It was supposed to be a romantic getaway, but Norma's boyfriend didn't show up in Peru. The man claimed he couldn't get a flight out and suggested they change plans so she could come right away to the U.K., says Fex, relating what his mother told him.

Her U.K. boyfriend told her he'd just have a business associate drop off some documents for her to take to him. He didn't mention the 2.2 kilograms of cocaine sewn into the suitcase that held the

nothing around us. There are male guards walking the perimeter with rifles. It is a hundred times worse here, we don't have drinking water, toilet paper, no food to buy things with money you can get money and paper, but I have none and the embassy doesn't know when she will come here. I don't even know the name of this place, I think it is named after something like that. All I know is we are in the middle of nowhere and it was a man's prison. I hate it. It is disgusting.

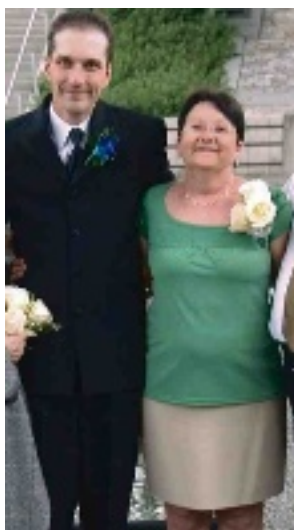
documents.

"She's five feet tall. She wears kitten sweaters," Fex said of his mother. She's never been in trouble with the law, he said, adding she worked as a security guard in Windsor, Ont.

Peruvian lawyers said fighting the charges might prolong her incarceration. Norma co-operated and pleaded guilty, hoping to be extradited quickly after sentencing, said Fex. She was sentenced three months ago to more than seven years.

Fex says his mother had little money when she arrived in Lima. She didn't speak Spanish and found herself in a dingy hotel in a slum. Fex says his mother jumped at the chance to get out. He says she looked in the suitcase and found Spanish documents, but never thought of tearing open the suitcase lining. She was arrested at the airport.

His mother must pay for everything she needs in jail, even drinking water. He's



been sending money every month to cover her costs, but she's recently been transferred to a prison two hours outside Lima. He says Canadian consular officials have told him they will now only be able to visit her once every three months.



Norma Fex, 59, is struggling in harsh conditions in a Peruvian prison. Her son says she had no bed for the first three months of her incarceration and is forced to pay for her food, water, toilet paper and even the folder that holds her case file. Left, she is pictured with her son, Don Fex, at his wedding. Top left, a portion of a handwritten letter she sent to her son from prison. CONTRIBUTED

Department of Foreign Affairs officials have told him extradition can't begin until all of Norma's fines are paid, but he doesn't think the Canadian consulate has followed up on a request for a tally.

A Department of Foreign Affairs spokesperson said in

an email that consular services are being provided to a Canadian citizen in Peru and consular officials remain in close contact with local authorities, "and with the citizen's family."

Fex wants that contact to start yielding results more

quickly.

"It's in their power now to speed things along," he said.

Fex had no idea his mother was in Peru until he got an emergency call from his uncle.

"The shock has worn off and now the anger has set in," he said. **SEAN MCKIBBON/METRO**



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Mayor Watson and the 'consensus council'

After the storm.

Jim Watson doesn't mind that you think he's boring. In fact, he takes it as a compliment



ALEX BOUTILIER
alex.boutilier@metronews.ca

Two years into his mandate as Ottawa's mayor, Jim Watson lists bringing a degree of calm to the goings-on at city hall among his chief accomplishments.

In a mid-term interview Monday morning, the veteran politician said the tone and tenor at city hall distinguishes this council from its predecessor and other levels of government.

"When you look at the other two levels of government, it's pretty raucous up on the Hill and at Queen's Park, and there's an awful lot of divisiveness and bitterness. And I think we've worked well together as a team," Watson said.

He doesn't mind if people find him or the new calm boring. A "boring" council, in his opinion, is what the city needed after the heated years that preceded it.

"All of my colleagues are very strong-willed," Watson said. "But I think they ... recognize many of them owe their seat because people were just fed up with sort of the never-ending debates that went on for hours and hours."

Balancing efficiency and public debate

The "efficiency" with which council handles matters has also drawn criticism. With

The long view

"I view council as us in the crow's nest, looking out, the big picture of the issue before us."

Mayor Jim Watson

the recent casino consultation, for instance, critics said the fix was in before the public was asked to offer their opinions.

The consultation — one six-hour meeting — heard from a number of opponents to the idea of a new casino. Almost all wanted more time before the city "signalled interest" in the idea.

Katherine Graham, public-policy professor at Carleton University, said there's a delicate balance to be sought between efficient decision-making and ensuring a public dialogue.

"Jim Watson is quite pre-occupied with getting an agenda realized, partly because he does want to put his stamp on things, but also partly because the City of Ottawa has suffered from an excessive planning and replanning without actually executing anything for a number of years," said Graham.

Two years into how many?

The interesting part of the last two years, for Graham, has been trying to divine how long Watson intends to stay at the helm.

"I think he really is in this for a long haul," said Graham.

"Given the fact that he has tried provincial politics, given the fact that he's worked on (Parliament Hill) ... this is his niche. And we'll see how long he carries on."



Mayor Jim Watson says he has brought some calmness to council the past two years. ALEX BOUTILIER/METRO

Same old spendings

Budget will stay the course: Watson

The 2013 draft budget will contain few surprises when it's tabled on Wednesday, according to Mayor Jim Watson.

"It's going to be a continuation of the progress that we've seen," Watson said on Monday.

When asked if it was a "staying-the-course" style

budget, Watson said it had to be, given the number of large-scale initiatives already on the horizon.

"The LRT is going to be breaking ground in 2013; Lansdowne will be fully underway in 2013. We're hoping to receive some news from the federal and provincial governments on the next round of infrastructure funding that would probably be announced in 2013 so that we wouldn't miss a 2014 construction season," Watson said.

"And it's all driving

towards 2017 to make sure the city's in top shape for the sesquicentennial, which is a big economic draw for our city."

Council has committed to keeping tax increases at or below 2.5 per cent annually, over a four-year mandate. Last year, the tax hike was slightly below that target, at 2.39 per cent.

"I think most people accept that it's a pretty good return on investment for the quality of life that we have in this city," Watson said.

ALEX BOUTILIER/METRO

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Trial. Accused told sex partner he was a 'victim' after HIV status disclosed, jury hears

The final complainant in the Steve Boone trial testified Monday, telling the jury he wanted to move to Ottawa to start a new life but wound up having sex with a HIV-positive man.

The 20-year-old said he got expelled from his high school on April 26, 2010, and broke up with his boyfriend before packing up and moving to Ottawa.

After just a couple of days in the capital, he said he met Boone on a gay "hookup" website where men seek other men to have sexual encounters.

Boone, 31, is accused of attempted murder and administering a noxious substance by allegedly attempting to infect three men with HIV from January to April 2010. He was also charged with aggravated sexual assault on two of the men and three other men.

He has pleaded not guilty.

The jury heard that after exchanging phone numbers, the witness arranged to meet at Boone's home on April 30.

The witness said he asked him online and in person if he was "clean." Boone replied "Yes," the witness said.

The Crown said Boone tested positive for HIV in 2009.

When the witness met



Steve Boone
CONTRIBUTED

Boone, they engaged in unprotected oral and anal sex. A few days later, the complainant said Boone's roommate con-

tacted him and disclosed the accused's status to him.

The Crown brought the jury's attention to text messages exchanged between the two on May 4, 2010, in which Boone said he got tested recently and all of the results came back negative.

Later on, Boone denied having HIV.

"I'm just as much a victim as you are ... there is NO WAY I have HIV," he wrote.

Boone also gave the man a fake last name when asked.

The witness agreed with defence counsel that Boone did not try to cut him or say he wanted to kill him.

The trial continues Tuesday.

JOE LOFARO/METRO

Friends, Romans, countrymen, lend me your Xbox Kinect



Actor Michael Mancini plays the part of Cassius in the Ottawa Shakespeare Company's interactive, modern-dress version of Julius Caesar, which opens on Wednesday. JOE LOFARO/METRO

Shakespeare. Director combines live theatre and video-console camera for interactive Julius Caesar play

An Ottawa director is adding a splash with high-tech gizmos in his modern-dress version of Shakespeare's play Julius Caesar, which opens at Centre-pointe Theatre this week.

Charles McFarland, co-founder of the Ottawa Shakespeare Company, gave media a behind-the-scenes look Monday at how his team will use a Microsoft Xbox Kinect camera during a live performance.

In one scene, actor Michael Mancini, who plays Cassius, delivers an animated monologue at centre stage. The camera captures his movements, which send a flurry of lights dancing behind him on large projection screens.

"So if he's talking about stirring up the heavens, he's actually literally using that technology to create the impression that, indeed, the heavens have

been stirred up," said McFarland.

"In live theatre, it's never done," he said, adding that the camera effects can add an element of "emotional representation."

He is taking the play about the assassination of the Roman dictator one step further by incorporating audience members into the performance as well.

Up to 30 people per night will be voluntarily chosen to play the parts of citizens and senators in the show. Some might even have the chance to act alongside Eugene Clark, the actor who plays Julius Caesar and was known as Big Daddy in George Romero's 2005 flick Land of the Dead.

McFarland said the motive behind that is to make Julius Caesar more participatory, much like it was in 1599.

"It was more interactive than the theatre convention now, which is the audience sits there in the dark and we do stuff on stage," said McFarland.

Julius Caesar opens on Wednesday and runs until Nov. 3. For more information, visit ottawashakespeare.ca.

JOE LOFARO/METRO



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Departs Oct 28/wsv/ws.

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Orlando
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\$934

Ramada Gateway, Carnival Sensation. incl \$741 base + \$193 taxes & fees

INCLUDES roundtrip airfare, accom near theme parks and cruise sailing roundtrip Port Canaveral, visiting Nassau (Bahamas). Departs Nov 19/ccl/ggv/ac **UPGRADE** to 4-star Coco Key Hotel and Water Park and oceanview stateroom for \$23 per night.

Canada

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lift ticket to Ski Tremblant. Travel Dec 17/ggv.

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Hotel Clarendon

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Carnival. Departs Feb 3/ggv/ws. **ADD** guided city

tour for \$50.

Long Stays

French Riviera
Air + 21 Nights
\$1639

Heliotel Marine incl \$1077 base + \$562 taxes & fees

INCLUDES Saint-Laurent-du-Var area studio with

full kitchen, near the beach. Departs Feb 26/exo/ba.

St Petersburg Air + 21 Nights **\$1469**

Dolphin Beach Resort incl \$1341 base + \$128 taxes & fees

INCLUDES resort-style accom with kitchenette at a

beachfront location. Departs Nov 13/ggv/dl.

USA

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Departs Nov 11/ggv/ua. **UPGRADE** to 4-star

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Orlando Family Special **\$389***

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Champions World Resort

INCLUDES airfare from Montreal and accom near

theme parks. Price per person based on family of

4. Departs Nov 16/ggv/ts. **ADD** Walt Disney World

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\$273/adult, \$255/child (ages 3-9).

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City Mobile:
TNT Supermarket 224
Hunt Club Rd, Unit B

Federal parties differ on how best to revamp Indian Act

Call for consultation.

Liberal leader says Tory-tabled update to existing legislation was drafted without input from First Nations

A debate about whether to repeal the centuries-old Indian Act is back before the House of Commons.

Last week, the Conservatives moved forward with a private members' bill that

would delete several sections of the act as a start towards fully dismantling it.

Now, the Liberals have introduced their own motion calling for talks with First Nations to replace the old legislation with something better suited to current realities.

The motion introduced by interim Liberal leader Bob Rae calls the existing legislation an embodiment of failed colonial and paternalistic policies.

Rae says it creates a barrier to economic and social development for First Nations and needs to be dismantled.

He says the Conservative bill was drafted without consultation with First Nations communities, while his own motion is the product of extensive talks.

Conservative MP Rob Clarke, who sponsored the bill, says it's based on his discussions with aboriginal leaders.

THE CANADIAN PRESS

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A display of dismay

Protesters opposed to the Northern Gateway pipeline take part in a mass sit-in in front of the British Columbia legislature in Victoria on Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Lockout Kills Dreams

A plea to the NHL

A man in Alberta who wants to watch one last hockey game with his dying father is pleading on YouTube for an end to the NHL lockout. The video, NHL Lockout Kills Dreams, has been viewed nearly 50,000 times since it

was posted last Thursday.

John Dick planned to spend the last couple months of his dad's life watching hockey from a hospital room in Leduc, south of Edmonton. He says his dad is dying of throat cancer and the effects of medication make him forget why they can't turn on the game. **THE CANADIAN PRESS**

Meaty issue

Politico de-tweets

Alberta's Opposition leader, Danielle Smith of the Wildrose party, says it was a mistake for her to tweet that properly cooked tainted meat could feed the homeless.

Smith told an open-line radio show that if you can't

explain your position in 140 words on Twitter, you shouldn't try. On the weekend, Smith went on Twitter to suggest meat that had to be recalled by XL Foods in Brooks, Alta., could be cooked to destroy E. coli bacteria and then fed to "the hungry." The company will dump the meat in a landfill, and Smith now agrees that's a better option.

THE CANADIAN PRESS








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Expert convictions a 'sad day for science'



This April 6, 2009, file photo shows an aerial view of the destruction following an earthquake in the city of L'Aquila, central Italy. THE ASSOCIATED PRESS

2009 earthquake in L'Aquila Italy. 7 experts convicted of manslaughter in Italy for failing to adequately warn about deadly quake

In a verdict that sent shock waves through the scientific community, an Italian court

convicted seven experts of manslaughter on Monday for failing to adequately warn residents of the risk before an earthquake struck central Italy in 2009, killing more than 300 people.

The defendants, all prominent scientists or geological and disaster experts, were sentenced to six years in prison.

Earthquake experts worldwide decried the trial as ridiculous, contending

Quoted

"I am dejected, desperate.... I thought I would have been acquitted."

Enzo Boschi, former head of the National Institute of Geophysics and Volcanology, who was among those convicted

there was no way of knowing that a flurry of tremors would lead to a deadly quake.

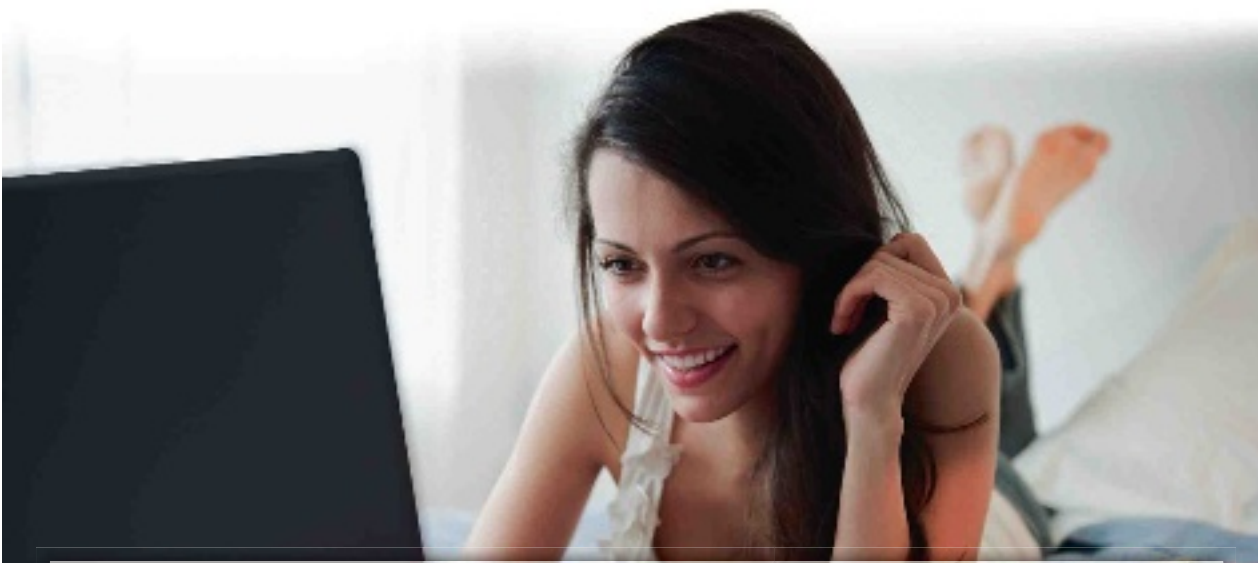
"It's a sad day for science," said seismologist Susan Hough, of the U.S. Geological Survey in Pasadena, Calif. "It's unsettling."

That fellow seismic experts in Italy were singled out in the case "hits you in the gut," she said.

In Italy, convictions aren't definitive until after at least one appeal, so it was unlikely any of the defendants would face jail immediately.

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Politics. Baird slams Iran, Syria at IPU event hosted by Canada

Foreign Affairs Minister John Baird abandoned host-country niceties Monday as he levelled a blistering attack against the human-rights records of Iran, Syria and Uganda before some 1,400 international parliamentarians gathered for the Inter-Parliamentary Union in Quebec.

Iranian and Ugandan delegates at the IPU assembly, including the African nation's Speaker of Parliament, protested Baird's remarks, accusing the minister of meddling in their sovereign affairs at a collegial forum.

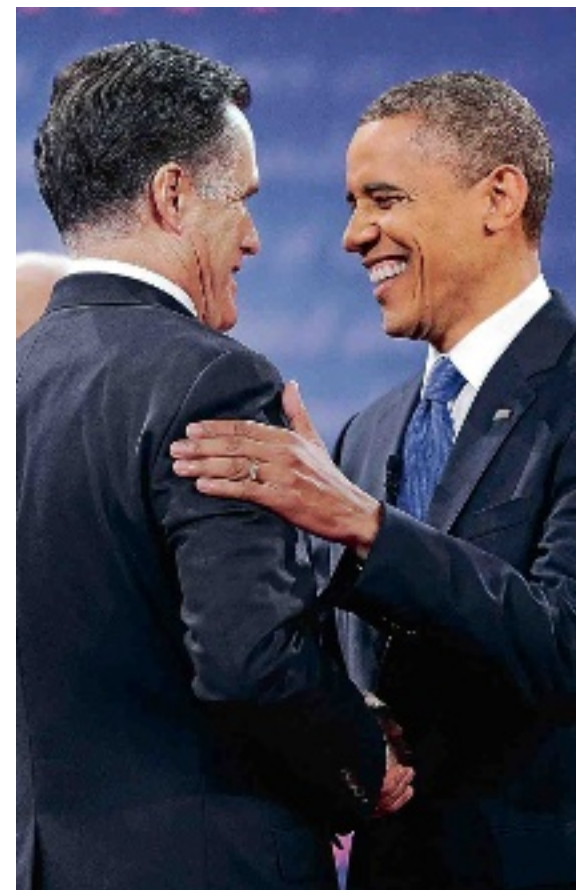
Even though the Conserva-

tive government has cut off diplomatic relations with Iran and Syria in particular, it could do little to stop the presence of legislators from those countries at the 127th conference of the IPU, which Canada is hosting this year.

The IPU's mandate includes the promotion of human rights and democracy, but its members still include nations such as North Korea and Cuba.

"Sadly, there are forces of evil in this world that use our differences as weapons of hate, weapons of hate that marginalize minorities," Baird said.

THE CANADIAN PRESS



Final round

President Barack Obama greets Republican presidential nominee Mitt Romney at the start of the third and final presidential debate, at Lynn University on Monday in Boca Raton, Fla.

DAVID GOLDMAN/THE ASSOCIATED PRESS

U.K. puts 3 men on trial over bomb plot

Terror cell. Suspects among group of men and one woman arrested in September 2011 in English city of Birmingham

Three young British Muslim men went on trial in London on Monday, accused of plotting to set off multiple bombs

in terrorist strikes.

Prosecutors allege the men, fired up by the sermons of a U.S.-born al-Qaida preacher, hoped to cause carnage on a mass scale. But their plot was undone by mishaps with money and logistics, and ended in a police counterterrorism swoop last year.

Prosecution lawyer Brian Altman told a jury that Irfan Khalid and Ashik Ali, both 27, and 31-year-old Irfan Naseer, were central players in a plan

Suicide attack?

"One of them was even to describe their plan as 'another 9-11.'"

Prosecution lawyer Brian Altman, accusing the three men of being key figures in a plan to detonate up to eight knapsack bombs in a suicide attack

to mount a terrorist attack "on a scale potentially greater than the London bombings in July 2005."

Fifty-two commuters were killed when four al-Qaida-inspired suicide bombers blew themselves up on London's bus and subway network on July 7, 2005.

Altman said the trio were the senior members of a home-grown terror cell inspired by the anti-Western sermons of U.S.-born Islamist cleric Anwar al-Awlaki, who was killed in Yemen in September 2011.

THE ASSOCIATED PRESS



Three British Muslim men, from left, Irfan Naseer, Irfan Khalid and Ashik Ali are on trial in London, accused of plotting a bombing campaign.
COURTESY OF WEST MIDLANDS POLICE/THE ASSOCIATED PRESS

Gaza militants. Three killed in Israeli airstrike in response to mortar fire

Israeli aircraft struck the northern Gaza Strip on Monday, killing three Palestinian militants after mortar attacks targeted Israeli troops earlier in the day, officials said.

The Islamic militant group Hamas that rules Gaza said in a text message to reporters that one of the men was a member of its military wing. Another Palestinian group, the Popular Resistance Committees, said in an email that the second man was from its ranks. Gaza health official Ashraf al-Kidra said a third

man later died of wounds sustained in the airstrike. He did not know if he was a militant or not.

The Israeli military said aircraft attacked rocket squads following mortar fire on military patrols. Also, several rockets were fired at communities in southern Israel, causing no casualties, the army said.

Prime Minister Benjamin Netanyahu said the rocket fire from Gaza would not go unpunished.

THE ASSOCIATED PRESS



Tensions rise over killing

Antoine, top photo, kisses his son Joseph Naimeh in Beirut on Monday. The six-year-old was rescued from the carnage, bottom photo, caused by a car bomb that assassinated Brig. Gen. Wissam al-Hassan on Friday in Beirut's mostly Christian neighbourhood of Achrafieh. Lebanese soldiers in armoured vehicles fanned out across the country on Monday to break down civilian roadblocks and chase gunmen off the streets as tempers flared over the killing of the top intelligence official who was a powerful opponent of Syrian involvement in Lebanon. HUSSEIN MALLA/THE ASSOCIATED PRESS

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Jobs project gets celeb boost in Haiti



Actor Sean Penn and model Petra Nemcova at the opening of the new Caracol Industrial Park in Haiti on Monday. LARRY DOWNING/THE ASSOCIATED PRESS

Industrial park. Hillary and Bill Clinton encouraged investment in the project and the impoverished country

U.S. Secretary of State Hillary Rodham Clinton encouraged foreigners to invest in Haiti as she and her husband Bill led a star-studded delegation gathered Monday to inaugurate a new industrial park at the centre of U.S. efforts to help the country rebuild after the 2010 earthquake.

Actors Sean Penn and Ben Stiller, fashion designer Donna Karan and British business magnate Richard Branson were among the luminaries at the opening of the new Caracol Industrial Park, which is projected to create thousands of jobs more than 100 miles from the quake-ravaged capital of Port-au-Prince.

Hillary Rodham Clinton told a roomful of investors gathered for a luncheon that she had made Haiti a priority when she became secretary of state.

"We had learned that supporting long-term prosperity in Haiti meant more than providing aid," she

Optimistic

"We don't have a lot of employers here, and we're talking about several hundred thousand jobs."

Jean Cherenfant, mayor of Cap-Haitien

said. "It required investments in infrastructure and the economy that would help the Haitian people achieve their own dreams.

"So we shifted our assistance to investments to address some of the biggest challenges facing this country: creating jobs and sus-

tainable economic growth," she added.

Earlier Monday, thousands of Haitians lined the roadway to wave at her motorcade as it wound its way from the airport. Hillary Rodham Clinton and other U.S. officials, including Labor Secretary Hilda Solis and Sen. Patrick Leahy, toured a housing development for industrial-park workers supported by the U.S. Agency for International Development. Secretary Clinton noted there were three presidents there: her husband Bill, Haitian President Michel Martelly and his predecessor Rene Preval. **THE ASSOCIATED PRESS**



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Man on a mission: On call and loving every Mars minute of it

Search for life on Mars.
Physicist's life on Earth consumed by project

AMBER
SHORTT
Metro in Toronto

The vows had been said and the pictures taken, but when it came time to crack open the kegs the best man — the person responsible for getting the beer flowing — couldn't be found.

That's because Nick Boyd, a 29-year-old physicist from Picton, Ont., had slipped away from his brother's wedding reception to attend to the one thing more demanding than a tent full of thirsty guests: the Mars rover Curiosity.

"A few people came to hurry me along," said Boyd, the operations lead for the team managing the day-to-day functions of the Alpha Particle X-Ray Spectrometer, the Canadian-built instrument on the rover. He had to build a file to send back to NASA's Jet Propulsion Laboratory in California, where he has spent the last three months working with scientists from around the world conducting experiments on Mars.

"It consumes your whole life for this early period," said Boyd, adding the mission, officially called the Mars Science Laboratory, has so far gone "amazingly smoothly."

"You'll do whatever it takes to make the mission go well."

Boyd has spent the bulk of his professional life, the last six years, as part of the University of Guelph team that developed the APXS, one of 10 instruments carried by Curiosity. It identifies the chemical composition of Martian rock and soil — information geologists are using to determine whether Mars was ever able to support life.

He said he still finds it surreal to be communicating with the machine on another planet.

"It was never a given that

Quoted

"We're taking a very, very big role in this mission ... and it's something that everyone should be able to take some pride in."

Nick Boyd on Canada's involvement in the Mars Science Laboratory mission

we were going to land safely," said Boyd, thinking back to the knot in his stomach on the Aug. 5 landing day. He said all he could think was "it's my career that's strapped to that car with a jet pack."

But after the landing crew "won the biggest game of their lives" Boyd only nabbed a couple of hours sleep before his work began.

Since then, the tactical team has been working in two shifts, on "Mars time," to ensure it gets the most out of Curiosity.

The first shift analyzes the data that comes back from the rover and creates a plan for Curiosity's next day. The second shift then takes the plan and turns it into a series of sequences that are transmitted to "drive" the rover.

"Every day is determined by the morning on Mars"

Since a Martian day is 40 minutes longer than Earth's, the team's shifts change by 40 minutes daily. Boyd likens it to being persistently jet-lagged, and said he often forgets to eat and has to recalculate every day whether he'll get stuck in rush hour.

"You can tell when we're in a time period that doesn't line up with Earth," said Boyd, noting tempers at the lab get a little shorter.

However, NASA has a way to make sure cooler heads prevail: a giant freezer kept full of Drumsticks and ice cream sandwiches.

"It's considered to be a very good investment in the general sanity of the team," Boyd said.



Nick Boyd stands in front of the test bed rover at NASA's Jet Propulsion Laboratory in Pasadena, Calif. The physicist with the University of Guelph has spent the last three months working with hundreds of scientists to conduct tests on Mars. CONTRIBUTED

Transition back to Earth

Starting next month, the team members will continue their work from their home labs. The mission is projected to last roughly two years, but Boyd is cautious on the subject of Curiosity's longevity.

"It's not a good idea to make predictions of mission lifetime," he said, though he notes that the rovers that NASA launched in 2003, Spirit and Opportunity, outlived their mission timelines. Spirit made it six years, and Opportunity is still going.

Mars, however, hasn't been an easy expedition. Roughly two-thirds of Mars missions since the 1960s have failed.

But whether it's another day or a decade, Boyd plans to soak

up every moment on the Red Planet.

"I tell people I'm in year five of a five-year plan," he said. "I'm definitely enjoying the fruits of my labour."

Curiosity

A ton of fun on the 4th rock from the sun

Every movement of the Mars rover could be its last, which is why each day's operation is determined by the one before it, said Boyd.

"There's no chance to fix an instrument once it's gone to Mars," he said, adding a slip in the sand could cost

an entire day. Because of that, calculations must be tested and retested on a stunt-double rover at JPL's simulated Mars field — something Boyd said is serious work, but also "like a little boy's dream playdate."

"My job is a ton of fun. I get to play with a lot of great toys and work with a lot of great people," he said. Though he added it can get him into trouble when he gets so caught up with robots that he forgets to call his wife, Allison, who is back in Guelph and pregnant with the couple's first child.

AMBER SHORTT/METRO IN TORONTO

Mars. APXS big deal for Canadian science

Iain Campbell, APXS co-investigator at the University of Guelph, said the instrument has already analyzed several rocks and soil samples on Mars.

"Everyone on this mission is very, very excited," he said, noting that a less advanced version of the APXS was on the Spirit and Opportunity rovers. Those missions found evidence that Mars had once contained water, and Campbell is optimistic that Curiosity will be able to top those findings.

"Will these discoveries be the remnants of carbon-based life-forms? I don't know," he said. "But I hope it will be."

Campbell said the mission is also an important one due to the current concerns on climate change. He said Mars transitioned from being alkaline-based to more acidic billions of years ago and scientists hope to figure out what caused that change. He said the landing site was chosen partially because it contained rocks with layering that represented both environments.

As for the next project, Campbell said the U of G team, lead by principal investigator Ralf Gellert, is already working ahead on the next generation of the APXS.

"It's a big thing for Canadian science," said Campbell, noting the current \$2.5-billion mission is the largest exploration expedition in history. "If you want to play in the big leagues ... Canada is there."



NASA's Curiosity rover aimed two instruments to study a rock known as "Jake Matijevic." The red dots are where the Chemistry and Camera (ChemCam) instrument zapped it with its laser. The purple circles indicate where the Alpha Particle X-ray Spectrometer trained its view. MSSS/JPL-CALTECH/NASA/AFP/GETTY IMAGES

By the numbers

567M Curiosity landed inside Mars' Gale Crater at the base of Mount Sharp on Aug. 5 after travelling 567 million kilometres.

899 Curiosity weighs 899 kilograms, and is powered by a multi-mission radioisotope thermoelectric generator and lithium-ion batteries.

98 The Mars Science Laboratory primary mission is projected to last 98 weeks — or one Martian year. Courtesy NASA

Developing a mobile continent

Kumasi, Ghana. When it comes to cellphone culture, Africa is leapfrogging the West — and young techies are churning out apps to take advantage of it



ELISABETH BRAW
Metro World News in London

At Kwame Nkrumah University of Science and Technology (KNUST) in Kumasi, Ghana, women carrying baskets of food on their heads walk past students going to class. From inside a sleek campus Internet café, Godwin Amefia, 21, runs his own mobile-app company.

"I realized that students weren't told about schedule

changes, so I created a mobile app for it," he explains. His company, mNotify, now has five employees and features a range of apps for churches, schools and businesses.

Amefia belongs to mFriday, a technology hub at KNUST whose members get together every Friday to trade business ideas. Welcome to the Silicon Valley of Ghana. "This is part of a whole new movement in Africa," observes founder Bobby Okine. "People want to do something that will be recognized."

It's obvious why young Africans see a future following in the footsteps of Bill Gates and Steve Jobs — by remaining in Africa. Seventy-three per cent of Africans now have a mobile phone, compared to just four per cent 10 years ago. The figure is expected to rise to 85 per cent by 2015, according to research

firm Royce Funds. Indeed, in its mobile-phone culture Africa is leapfrogging the West.

"Africa is the future," says Jesse Ofori, 21, another young KNUST student with his own technology firm. "You can go to the U.K. or U.S. to start a technology company, but most things have already been done there. Here, there are more opportunities. Every last banana seller has a mobile phone, and we can capitalize on that." Indeed, at Kumasi's rudimentary airport, posters advertise mobile-banking services.

"Young Africans are realizing that you can have a laptop and make a lot of money," observes Okine.

"They're well-informed and they're aware of Africa's problems. We say, 'Why not create an app to solve some of those problems?' People want things to change, and they want to



The iceaddis hub in Addis Ababa, Ethiopia, has 500 members and has already spawned three companies. GLYN RILEY/METRO

make money."

Okine's company, MAK-Edu Consult, has a mobile-app contract with Ghana Post, while

another mFriday member is developing an app that allows vehicle authorities to spot false drivers' licenses.

Top five African apps

- **Saya:** Smartphone-messaging, Facebook and chat apps for low-end devices.
- **iCow:** Alerts farmers to vital periods in their cows' gestation period. Helps the farmers find the nearest vet.
- **mNotify:** Bulk SMS service for universities, companies and other organizations.
- **mPedigree:** Patients can text information about medicine they've been given, and receive an SMS message back informing them whether the medicine is counterfeit.
- **BudgetIT:** Users text the service with requests for particular data about Nigeria's budget and receive information by SMS.

Market Minute



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(+0.07¢)

TSX
12,403.54 (-12.44)

OIL
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GOLD
\$1,726.30 US (+\$2.30)

Natural gas: \$3.452 US (-16.5¢)
Dow Jones: 13,345.89 (+2.38)



E.T. hitches a ride

As PR junkets go, it's not the most glamorous outing: A wax figure of E.T. from the 1982 Steven Spielberg film *E.T. the Extra-Terrestrial* is wheeled through central London on Friday by a Madame Tussauds employee to mark the Blu-ray edition release of the film. On Monday, Tussauds launched E.T. wax figures in London, Berlin, Amsterdam, Sydney and Hollywood. JOEL RYAN/INVISION/THE ASSOCIATED PRESS

iPad mini? Canadian bloggers have the inside scoop on Apple product launches

On Tuesday, the world's attention will turn to California, where Apple is set to make a product announcement that will undoubtedly flood Facebook and Twitter with countless posts lusting after what's expected to be a smaller, more mobile 20-centimetre iPad.

Apple's product launches are closely guarded secrets — but leaks are inevitable.

In the high-stakes world of Apple rumour-mongering, two Canadian bloggers have built sterling reputations for accurately revealing details about new iPhones and iPads well before the company does.

It was five months ago that Montreal-based Rene Ritchie forecast Apple would release its

new "iPad mini" this month for between \$200 to \$250. Whether he was right will soon be revealed, but past posts on his iMore.com site accurately reported details about the iPhone 4S, the iPhone 5 and the "new iPad" before Apple made its official announcements.

So what's his secret? Ritchie says he has various sources within Apple and at other manufacturing, retail and mobile-carrier companies that feed him information from time to time.

"I'm just lucky enough that I get enough pieces that I can start to put things together," says Ritchie, 40, who notes that he sweats every prediction he makes.

Quoted

"I'm just lucky enough that I get enough pieces that I can start to put things together."

Rene Ritchie, Montreal-based blogger

Other elite tech bloggers have come to trust Ritchie given his spot-on coverage over the past year or so, says Jim Dalrymple, another Canadian who's looked to for Apple scoops. Dalrymple co-runs the website The Loop out of his home office in Bedford, N.S., just outside Halifax.

THE CANADIAN PRESS

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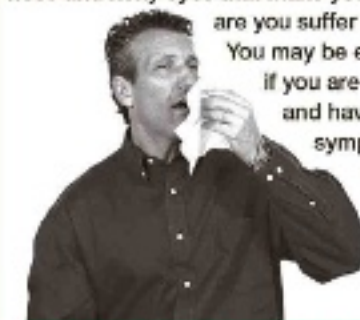
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10 THINGS TO STOP WORRYING ABOUT RIGHT NOW



SHE SAYS...
Jessica Napier
metronews.ca

Lately, I've been thinking about how much time I waste fretting about entirely inconsequential things. We tend to allow trivial concerns — our follower count on Twitter,

looking good at the gym — to occupy our minds instead of directing our time and energy to more important pursuits. No more, dear readers, no more. If you worry about any of these things, you need to laugh at yourself immediately, then stop.

1 Who will get kicked off next week's episode of *The Bachelor* Canada. Dedicating any brain cells to worrying about reality-TV relationships is ridiculous when we all know these showmances only last about 10 minutes after the cameras stop rolling.

2 Running into someone while wearing the exact same outfit you wore yesterday. Sometimes we buy new clothes and like to wear them two days in a row, and that's OK, everyone, because we all do it.

3 Purchasing embarrassing drug-store items. Because at 27 years old, I shouldn't blush uncontrollably every time I need to pick up a box of tampons.

4 Your dress size. Not because having a healthy body isn't important, but because clothing manufacturers are increasingly making these numbers up and arbitrarily assigning digits for vanity or shame purposes.

5 Being alone in a public place. Stop eyeballing your iPhone every five seconds; everyone else is far too self-involved to notice you sitting by yourself at a restaurant.

6 Whether or not the other people on the bus are judging your reading materials. Reading *Fifty Shades of Grey* on public transit is about as scandalous as wearing a turtleneck while watching a PG-rated film.

7 Thinking up an original Halloween costume. It's not going to happen. No matter how unique or creative you think you are, someone else is going to do the same thing and they're probably going to do it better than you.

8 Why your newly engaged friend didn't pick you to be a bridesmaid/groomsman. Instead of fretting about not being included, think about what you're going to do with the hundreds of dollars you'll save.

9 Whether your stuff matches with your other stuff. Making sure your furniture/nail polish/shoes are the correct shade of Pantone tangerine is a quintessential example of the "small stuff" you should not sweat.

10 How many calories are in this? If you have to think about it, then you already know the answer is probably too many.

Follow Jessica Napier on
Twitter @MetroSheSays



Wondering what shade to choose? Here's a tip: No one actually cares. FLICKR.COM

7 wins — those never happened



GETTY IMAGES

Doping

Icon loses Tour de France titles

There was an Armstrong, Neil, who walked on the moon and another, Louis, who sang sweet jazz. But Lance Armstrong, seven-time Tour de France winner?

That never happened. "He deserves to be forgotten in cycling," Pat McQuaid, president of the International Cycling Union, said Monday as he erased Armstrong's victories from the record books after his group accepted sanctions imposed by the U.S. Anti-Doping Agency.

THE ASSOCIATED PRESS

Culture of secrecy

The doping doubts were there in 1999.

- A positive urine test for banned corticosteroids at the 1999 Tour was explained away and covered up by one of Armstrong's doctors, a former team masseuse testified years later.
- A book in 2004 in which the same masseuse said she gave Armstrong makeup to hide needle marks on his arm was met with writs from Armstrong's lawyers and furious denials from him.

Overcoming obstacles

Beating cancer, Tour wins inspired many

No sporting icon peddled a tale quite like this one.

The Texan from a broken home who became a world champion, then was struck down by testicular cancer that spread to his lungs and brain, but who still rolled up in 1999 at the Tour, a three-week endurance test so tough that it has defeated many men who didn't endure gut-wrenching chemotherapy and carry the scars of tumour-removing surgery.

He became the living embodiment of the idea that willpower can overcome any obstacle. THE ASSOCIATED PRESS

Loosening tongues

The feds "placed a gun and a badge on the table," said McQuaid, and the Great Wall of Silence crumbled.

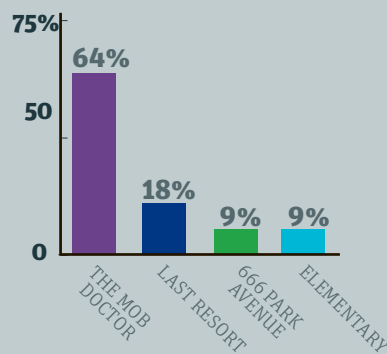
- Former teammates explained how they used subterfuge to beat testers. Tyler Hamilton said they simply hid, not answering the door if a sample collector showed up. There was no test, and still isn't, to show that riders were re-injecting themselves with bags of their own blood.

SEE SPORTS, PAGE 21, FOR MORE COVERAGE.



Register at metropolitanpanel.ca and take the quick poll

What new TV show should be the next to be cancelled?



Twitter

@Maimaaxoxo:

Can't wait until the Rideau Canal freezes over so I can go skating!

@fuwad_57:

@maroon5 how come you guys aren't coming to Ottawa, Canada? I'm so sad.

@angieproblems:

21 degrees in Toronto right now...I wonder what everyone in Ottawa is doing? #notsuntanninglikeme

@CubCarson:

I keep receiving these bags of #Halloween #candy on my doorstep! My neighborhood is awesome! #Ottawa #sourpatchkids #skittles

@chanelleORANGE:

There's a man holding his wife hostage with a sword down the street from my house...well then. Time to go back to Ottawa.

DVD reviews



Magic Mike

Director. Steven Soderbergh

Stars. Channing Tatum, Alex Pettyfer, Olivia Munn

Steven Soderbergh's latest genre exercise mines Channing Tatum's real-life male-stripper memories for maximum swagger, yet this is anything but a macho version of Showgirls or Burlesque. It's a realistic portrayal of a business that sells sizzle onstage, with plain sweat backstage to make it happen. Dancing at Tampa's Xquisite nightclub has been fun and reasonably profitable for Mike, but he's smart enough to observe how it has turned out for club owner Dallas (Matthew McConaughey), who also emcees and croons, from a cool cat into a cynical caricature. Still, Mike wants an equity share in the club, a carrot Dallas dangles but never drops. A new guy, Adam (Alex Pettyfer), starts stripping at the club and begins to threaten Mike's dominance of the dance floor. Adam's a loose cannon with a propensity for self-destruction and he puts a damper on sparks that develop between his sister Brooke (new face Cody Horn, well cast) and the romance-averse Mike. The strip-show numbers in Magic Mike are more humorous than sexual, which may disappoint anyone who attends hoping to see the real "full monty" on display. That never happens — think Exotica more than Boogie Nights.

PETER HOWELL



Taylor Swift says her infectious hit *We Are Never Ever Getting Back Together* happened 'really spontaneously.' MATTY SAYLES/THE ASSOCIATED PRESS

We are never, ever getting tired of Taylor

Red. Nashville singer with strong country roots enlists the help of pop music powerhouses for her fourth album

IAN GORMELY
scene@metronews.ca

No matter how many pop hits she scores, Taylor Swift will always be a country girl.

"In my mind, I'm always going to be a country artist because that's home to me," says the 22-year-old Nashville-based singer.

"The innate writing style of country music is

what formed me as a songwriter."

Yet after penning all the tracks on her last record on her own, Swift decided to team up with a who's who of pop songwriters for her fourth album, *Red*, which hit stores today.

"I wanted to figure out a way to push myself into a different comfort zone," she says.

Along with writers like Dan Wilson, who co-wrote Adele's mega-hit *Someone Like You*, Swift enlisted the help of Max Martin, the man behind Kelly Clarkson's *Since U Been Gone*, and Britney Spears' *...Baby One More Time*.

Together with Martin's protégé, Shellback, the trio co-wrote her own cur-

rent smash, the infectious and decidedly un-country *We Are Never Ever Getting Back Together*, and, as she says, it all happened "really spontaneously."

"It's really brought something different out of this album," she says.

"I think that there are definitely influences from every genre that I'm a fan of on this record."

Both U.K. singer/songwriter Ed Sheeran and Snow Patrol's Gary Lightbody make appearances on the record, the latter of whom Swift points to as a source of inspiration for her cinematic lyrics.

"The more you let people into the details," she says, "the more people feel welcomed into those experiences."

Weird in the woods

Watching the music video for *We are Never Ever Getting Back Together*, it's hard not to notice the group of musicians dressed up as woodland creatures. Those oversized animals are actually Swift's backing band. She says the costumes were director Declan Whitebloom's idea and when she told the musicians, "they looked at me deadpan like, 'This is not happening.'" Yet while filming the single-shot clip, the band "got loopy," the results of which are on the screen. "It's the most random thing I've ever done in a video," says Swift. "It makes me laugh to this day."

Diamond Rings gets ready to shine

New album. Singer leaves his indie roots behind and embraces his inner pop star

IAN GORMELY
scene@metronews.ca

When it came time to follow up his bedroom-pop breakthrough, *Special Affections*, John O'Regan, best known to the world as Diamond Rings,

didn't bother trying to recapture the intimacy of his debut.

Instead, he opted to leave his indie roots behind and make the full transformation into a proper pop star.

"It's more about an attitude and confidence in one's self," he explains.

"Anyone who has the courage and the intestinal fortitude to put themselves out before the world in a way that's sincere and relatable, and above all else, different and unique.

As simple as embracing your inner pop diva sounds, it wasn't an easy process. "It's really hard to write and sing about things that are obvious and relatable in a way that's fresh and new," he says.

"I don't know if I did that. I did my best."

Writing for the record, *Free Dimensional*, was completed before his debut even dropped, after O'Regan was treated for Crohn's disease.

"It's a celebration of life and being alive," he says.



John O'Regan, a.k.a. Diamond Rings. SARAH DEA FOR TORSTAR NEWS SERVICE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Celebrity Halloween: A how-to guide

MONICA WEYMOUTH
scene@metronews.ca

For all those hard at work on a show-stopping Halloween costume, we salute you. For all those planning to rummage through their closet at 9 p.m. on the 31st, we feel you. These celebrity-inspired costumes won't win you any contests, but they'll probably qualify you for free candy.

Tina Fey

This one's easy: Just throw on a pair of designer glasses that perfectly fit your face. Then get a blow-out that's not too fussy but adds enough volume and shine to show you care. Lose 15 pounds and wear something young but expensive. Accessorize with a



great job and a ton of talent that you casually brush off. Wait a second — Tina Fey, we're on to you, girl.

Zoëy Deschanel

The essentials: A vintage a-line dress, lots of eyeliner, sexy librarian glasses, knee socks. Bonus points: An entourage of 20-something girls who resent you for reasons they can't quite explain.

Sexy Louis C.K.

Cut a deep V in an oversize black T-shirt that's faded enough to really show the grease stains.

If possible, resist the urge to make jokes about



having sex with dead things.

Prince Harry

Shower with things that smell rich, woodsy and clueless. Put on a very large, very expensive watch. And ... well, you're good to go.

Avril Lavigne and Chad Kroeger

The perfect couple's costume for 2012: Rummage through the punk store clearance rack, then roll around on the floor, making sure to soak up all that was wrong with 10 years ago. Hit on the underage cashier, douse yourself in Axe body spray and go shoot some 'edgy' engagement photos.

Costumed Katy only has eyes for John



Katy Perry

Even though Katy Perry's birthday isn't until Thursday, she apparently couldn't wait to get the party started, throwing a lavish Halloween-themed costume birthday party at Los Angeles' Magic Castle on Friday, according to Us Weekly.

And while guests including Kristen Stewart, Neil Patrick Harris and Skrillex were in attendance, the birthday girl — dressed up as a vampire — only had eyes for John Mayer, whose elaborate zombie-hunter costume even involved a prosthetic nose and chin. "They were in their own world. She didn't even talk to her friends much," a source says.

Sources say attempts to save troubled star not motivated by spotlight

It looks like the folks behind the attempted intervention for Lindsay Lohan last week had good reason to be concerned about the troubled actress. Several friends of Lohan insist to Radar Online that she's partying again and out of control, and her dad, Michael Lohan, is reportedly eager to

put her under a conservatorship similar to the one Britney Spears' father used. "People who party with Lindsay have confirmed her excessive partying and getting wasted," a source says. "Even some of the people who have enabled her partying have come clean and revealed what's going on."



Twitter



@RedHourBen

Zoolander LadyGaga story is not true. Weird that OK magazine would print something untrue. Weird to read a made up story on the internet.



@Joan_Rivers

Congratulations to Adele on the birth of her 68 pound 8 ounces bouncing baby boy.



@RealVinceVaughn

my verification is pending.



@AlbertBrooks

I wish there was a debate on every night. I so love arguing.

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Are you a new parent needing some sleep? There's an app for that. ISTOCK PHOTOS

Sleep-deprived new parents can finally get some shut-eye

New product. Former chart-topping musician has come up with an app that can help lull those cranky babies back to sleep

BRIGITTE NOËL
life@metronews.ca

The sallow skin, bloodshot eyes and dark circles of the living dead are a popular Halloween look for those seeking a cheap and easy costume. For the struggling parents of a newborn baby, achieving this look requires little effort. Thankfully, there just might be an app for that. Barry Authors is a Canadian musician whose single

Online

Where can you find the app for your phone?

- **Online.** BabyDoze is available for both iPhone and Android. More details at babydoze-wombsound.com.

No Charge reached the top of the U.K. charts in 1976.

Now he's produced what could be his greatest hit to date.

It's called BabyDoze, and it's an app that claims to give new parents what they desire the most — rest.

"Sit me down with 10 babies, and nine or 10 will go to sleep if they're crying,"

Authors says of his invention. "We had phenomenal results with testing."

His product's premise is simple — lulling babies to slumber using the sounds they hear before they are born.

This combination includes the thumping of a heartbeat, the whoosh of amniotic fluid and the hissing of circulating blood.

Not the stuff of Top 40 hits, but it's proved a winning formula for Authors, who created the recording during his wife's first pregnancy.

"There are lots of things that people say calm babies: noises of the sea, sounds that simulate the sound in the mother's womb," Authors says. "This doesn't simulate; this is exactly the sound that the baby hears."

Want to prevent a cold? Avoid your T-zone

CELIA MILNE
life@metronews.ca

Ew, yuck. Everyone around you is coughing and sneezing.

You've heard all about washing your hands to prevent the flu.

Here's another simple rule: Keep fingers away from your face.

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an international infection prevention expert. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Kids can certainly benefit

from this advice right now, as the common cold usually reaches a zenith about four to six weeks after school starts. And adults are good at sharing germs too. On Global Handwashing Day last week, a report surfaced in the U.K. that one in 10 credit cards is as dirty as a toilet bowl.

"Only you can prevent the flu," says Sawyer. "If you never put your fingers to your hands, nose and mouth, you won't need to worry about how dirty your credit cards are; you wouldn't inoculate yourself."

Sawyer is a family physician in Cincinnati, Ohio.

He is the creator of Henry the Hand Foundation (henrythehand.com), which teaches hand washing and disease prevention in the U.S. and Canada. "Spread the word, not the germs," is his motto.



Kids and adults can benefit from some handwashing tips. ISTOCK PHOTOS

Other flu prevention tac-

tics include getting the vaccine and practising what scientists call "social distancing," which means trying to stay at least a few feet away from sick people.

Words to live by

Here are the four principles of hand-washing awareness. Use them and be sure others around you do too.

- **Number 1.** Wash your hands when they are dirty and before eating
- **Number 2.** Do not cough into your hands.
- **Number 3.** Do not sneeze into your hands
- **Number 4.** Do not put your fingers in your eyes, nose or mouth.

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Group weight loss could be the answer

Keeping off the pounds. Eating smaller portions and meeting regularly with like-minded individuals can have positive results

CELIA
MILNE
life@metronews.ca

Want to lose weight and keep it off?

Join the club. More than half of Canadian adults are overweight or obese.

Jennifer Brenton, 30, has been trying for years to lose 10 to 15 pounds.

"I couldn't stop yo-yo dieting. I couldn't keep it off," she told Metro.

Finally, a year ago, she joined Weight Watchers and began to see the pounds dis-

appearing.

She's lost 13 pounds and has kept it off. The magic formula? Eating smaller portions, adopting an active lifestyle and going to regular meetings for support.

"Group power is a big part of it," says Brenton, who is taking a master's in health promotion at Dalhousie University in Halifax.

What keeps her on track, she says, is that little voice

Quote

"The idea is to get to a comfortable weight and maintain it so you always feel great."

Jennifer Brenton

Talking about how she was yo-yo dieting and couldn't keep the wait off.

in her head that says, "I told my group I'm going to do that this week."

A new study funded by the National Institutes of Health in the U.S. and conducted by Baruch College in New York City has lent more credence to the theory that programs encouraging weight loss through group support and counselling are effective.

The study, which took place over 48 weeks, included 141 overweight or obese adults.

Subjects were split into three groups: They either did a behavioural weight loss program run by a health professional, did the Weight Watchers program, or did the behavioural program plus Weight Watchers.

A significant number of people lost weight and kept



Keeping pounds off can be as simple as meeting with people with similar goals. ISTOCK PHOTOS

it off for 48 weeks. Weight Watchers weighed in as the most effective program in the study.

"The idea is to get to a comfortable weight and maintain it so you always feel great," says Brenton.



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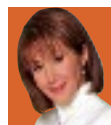
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Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk. You'll be surprised at how creamy and rich the soup tastes at just 211 calories and 3.7 grams of fat per serving.

Ingredients

- 2 cups corn niblets
- 1 1/2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2 1/2 cups chicken stock
- 1/2 tsp hot chili sauce
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 tbsp chopped parsley



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Lightly coat nonstick skillet with cooking spray and set over medium heat. Sauté corn 8 mins., stirring often until lightly browned. Purée half of corn in food processor. Combine puréed corn with the whole corn in small bowl and set aside.
2. Add oil to large, nonstick

pot and set over medium heat. Add onion and garlic and sauté 4 mins. Add red pepper and sauté another 2 mins. Add potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 mins. or until the potato is tender.

3. Whisk flour and milk in a small bowl and gradually add to the soup. Add salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Serve in bowls and garnish with parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Smarter Snacking



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

We are a nation of snackers and it is a slippery slope.

On a recent trip to France, I noticed the utter lack of a snack.

Oh, sure, the French women have their espresso and rest at three or four in the afternoon, but it is a calorie-free respite that re-energizes.

In North America, we have confused treats and snacks. A snack is a small mouthful of food that nourishes you, on occasion, between meals.

A treat is something sweet or salty that you enjoy but you don't kid yourself that it gives you anything but empty calories (and pleasure).

If you really want to snack

well, consider these this afternoon:

- Green tea or espresso (single shot, unsweetened)
- Steamed edamame beans

- Hummus
- A handful of walnuts
- A cup of berries
- A tub of yogurt

Most foods in crinkly packages are treats. Yes, even if they say they only contain 100 calories, they are treats.

Go ahead and enjoy them, but treat them like any other guilty pleasure.

Be aware that they light up your brain but do not really feed your soul or your cells.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSE-DALEWELL-NESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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A chilly economic wind blowing through Canada?



YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week the International Monetary Fund (IMF) scolded Canada for “domestic vulnerability” with a softening housing market, a high unemployment rate of 7.3 per cent and record personal debt levels.

Economists point out that at 163 per cent of income, our debt ratio is similar to the Americans before their housing bubble burst.

The IMF shaved its 2012 growth projections for Canada from 2.1 per cent to 1.9 and two per cent next year, down from 2.2 per cent. This compares to global growth predictions of 3.3 and 3.6 per cent in 2012 and 2013.

The IMF worries that

“a sharp or sustained decline in house prices could seriously set back the leveraged household sector and domestic demand.” In real speak, there’s potential for an economic domino effect. A declining housing market puts pressure on family debt, seriously affecting what we buy — a key driver of economic growth.

Lower growth means fewer jobs, especially in the housing sector, which is a huge job creator. It’s not a pretty picture.

If you’re concerned that the IMF’s fears will be born out, try this:

1. Take stock

Where are you vulnerable? Is it your mortgage or personal debt? If the government reduces borrowing by raising interest rates or tightening mortgage insurance or qualification conditions, what will be most affected?

You might lock in an open variable mortgage, as some

aren’t much lower than a five-year fixed term. You could also pay bi-weekly or make larger payments. Homebuyers shouldn’t purchase until a larger down payment is in hand.

2. Cut spending

You can never go wrong here.

Challenge your family to live on a teeny, tiny budget for three months. Cut back holiday plans. Defer any non-essential big-ticket items. Be vigilant about leftovers and don’t let food items become stale-dated.

3. Build up cash

Money on hand can soften a blow from the unexpected. Increase your savings by one per cent. Stash change daily. Have a late-fall garage sale or sell things on eBay. Ask for cash gifts this holiday season or gift cards for gas or groceries. Many small steps have a big financial impact.

The sky may not fall, but it doesn’t hurt to be prepared.

A frugal approach to cross-border shopping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I travel quite a bit, both for work and pleasure. Because I like to purchase unique items that are on sale, I hunt for deals while I’m on the road and I’m never afraid to ask for a discount from the posted price.

In June 2012, Canada loosened its duty-free limits, which means in a 24-hour period, a Canadian can return with \$200 worth of goods and not pay tax, which is four times higher than previously.

In a 48-hour period or longer, the limit is \$800 — twice as high as before.

The case for Canadians to shop south of the border is even stronger when you take into account a strong Canadian dollar and a glaring price gap that simply can’t be ignored.

According to a report



The case for Canadians to shop south of the border is strong these days. ISTOCK IMAGES

from BMO published this past summer, U.S. products tend to be at least 14 per cent cheaper.

On top of this, there is greater selection of brands and attractive discounts as the U.S. economy is still struggling.

As a result, Canadians appear to be shopping in the U.S. more often.

Before you head down to the U.S. for a football game and shopping spree, consider these frugal shopping principles.

• Research where to shop (outlet malls or shopping districts), what’s on sale, and when the best time to shop is (Black Friday, Thanksgiving, Christmas, spring, summer or fall).

• Don’t buy what you don’t need and stick to a budget.
• Scour the sale racks for last year’s top sellers and items that have just gone out of season (they’re probably still ‘in’ for Canada). Buy high-quality discounted items from bulk distributors.

• Ask whether local taxes qualify for exemption. Sometimes stores will give you tax back right at the till (common in some U.S. states) while other times you have to bring your purchases and receipts to the airport (common in Europe).

• You are legally required to declare and pay tax on your purchases that exceed the exemption limit when you cross the border. Include this in your budget.

• Lastly, determine whether the cost of your trip is worth the savings. If you spend \$700 on airfare and a hotel, is it worth saving \$200?

Keep in mind that cross-border shopping is hard on local Canadian retailers.

But, according to CBC News, Canadian retailers are responding to the increased U.S. competition by expanding their product offerings, re-evaluating prices and upgrading the curb appeal of their stores. So don’t write-off the locals.

Is yours a healthy, happy home?

Advice. Bestselling author Gretchen Rubin is back with another self-help winner. She claims you’ll be happier in life if you’re Happier at Home. Here’s why

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

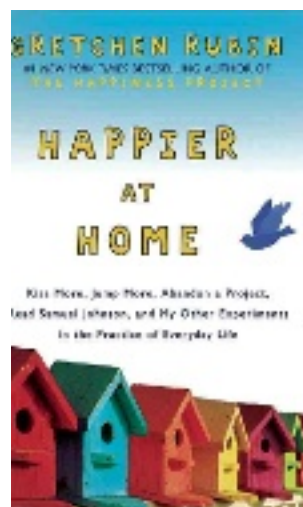
The moment Gretchen Rubin realized how many elements of a happy life focused on the home, she set about making small changes in her daily routine to help boost her overall happiness.

“If you’re not happy at home, it’s hard to be happy in your everyday life. Ideally, our home is a place that energizes and calms us, where we can have privacy but also engage with other people. If you’re happy at home, you’ll have a much stronger place from which to go out into the world,” she tells Metro.

Want to be a happy homebody? Here’s what Rubin suggests you do:



Gretchen Rubin and her book (below). Happier at Home. DAVE CROS



1. EMBRACE GOOD SMELLS: ‘Home is the source of a lot of bad smells’

“People that suffer from anosmia (loss of the ability to smell) often become depressed. A good smell is a quick fix. It gives you an immediate lift. It’s not like eating a cookie but having to count calories or reading a book but needing time. It doesn’t have a cost. Just light a scented candle or have a bowl of fresh grapefruit in the kitchen.”



2. KISS & HUG: ‘Act the way you wish you felt’

“People think we act because of the way we feel when really, we feel the way we act. If you act in a loving, way and kiss or hug those you love daily, you can really foster those feelings in yourself. As you’re communicating these feelings to somebody else, that person will then feel more beloved. Acting this way will also help drive out negative feelings such as anger or resentment.”



3. JUMP!: ‘Home is a state of mind and a physical experience’

“Our home is the symbolic resting place for our body. It’s the launching pad of all your routines. Your body is everything — whatever you do, your body will always be there. Any of the habits related to caring for your body, you have to figure them out from home. So exercise better and act more energetic. Do a few jumps a day. Literally. It will put a spring in your step.”



4. CLEAR OUT CLUTTER: ‘Order contributes to inner calm’

“Living in a house where everything is falling into disorder can make you really unhappy. A crowded closet isn’t a big deal, yet somehow it can weigh you down. Getting control over the inflow of ‘stuff’ will make you feel more in control of life in general. Make sure you only have things you need, use and love. Everything else can go.”



5. READ THE MANUAL: ‘How do I use this thing?’

“Most people pull and tug at something, try to rip it open and end up getting very frustrated when they fail. But usually you’ll notice there’s a tab or a little thing you pull to open. This applies to anything — whether you’re trying to open a tin of beans or putting together a shelf. Take a few seconds to think, ‘is there a way I’m meant to do this?’”



6. TECH: ‘Is a very good servant and a bad master’

“Technological devices have a valuable role to play so long as they don’t crowd out other things that are more important, like family. You need to create boundaries so that technology doesn’t invade your life like a weed. End the day with an emptier inbox and don’t check email at bedtime. The stimulation will wake you right up.”



7. CREATE A SHRINE: ‘Surround yourself with love’

“Even if you live alone, you have relationships that are a part of you. Making a sort of shrine — which can include anything from music, travel mementos, photo albums or jewelry — that creates a specific place that is full of love. You may want to have a wall of photographs of your friends or of your family to remind you of the things and people that make you happy.”



8. GO TO BED: ‘You’ll be happier with more sleep’

“Some people think they’re too tired to do anything except watch TV or cruise on the Internet and dedicate a lot of time to these very low grade activities that don’t boost happiness. But don’t let these activities eat up a lot of your time or you’ll stay up too late and wake up feeling exhausted. If you were too tired to do anything but watch TV, then go to sleep.”



NFL

Panthers GM fired after brutal start

Marty Hurney was fired Monday as general manager of the Carolina Panthers one day after star quarterback Cam Newton expressed his frustration with a 1-5 start.

The move came after Sunday's 19-14 loss to Dallas.

THE ASSOCIATED PRESS



Marty Hurney THE ASSOCIATED PRESS FILE

NBA

Foot injury keeps Kobe out of action

Kobe Bryant skipped the Los Angeles Lakers practice Monday to rest his bruised right foot.

Bryant was injured during the third quarter of the Lakers' 99-92 pre-season loss to the Sacramento Kings on Sunday.

THE ASSOCIATED PRESS



Kobe Bryant, right, battles with Kings forward Thomas Robinson on Sunday in Los Angeles. THE ASSOCIATED PRESS

NFL



"You watch film and not everybody was playing

hard every snap. And that's unacceptable."

Buffalo Bills defensive end Chris Kelsay on Monday after a 35-34 loss to Tennessee, saying it's time for players to start holding each other accountable.

Tour record book in tatters

Cycling. Losses continue to pile up as governing body erases Armstrong's Tour de France victories

Seven lines of blanks. From 1999 to 2005. There will be no Tour de France winner in the record book for those years.

Once the toast of the Champs-Élysées, Lance Armstrong was formally stripped of his seven Tour titles Monday and banned for life for doping.

As far as the Tour is concerned, his victories never happened. He was never on the top step of the podium. The winner's yellow jersey was never

on his back.

The decision by the International Cycling Union marked an end to the saga that brought down the most decorated rider in Tour history.

"Lance Armstrong has no place in cycling, and he deserves to be forgotten in cycling," said Pat McQuaid, president of the governing body. "Make no mistake, it's a catastrophe for him, and he has to face up to that."

It's also devastating for Tour de France organizers, who have to carve seven gaping holes from the honour roll of the sport's biggest event and airbrush Armstrong's image from a sun-baked podium on the Champs-Élysées.

From the sport's perspective, it's all gone.

"We wish that there is no winner for this period," Tour director Christian Prudhomme said Monday in Paris. "For us, very clearly, the titles should remain blank. Effectively, we wish for these years to remain without winners."

Armstrong's fiercely defended reputation as a clean athlete was shattered by the U.S. Anti-Doping Agency two weeks ago, when it detailed evidence of drug use and trafficking by his Tour-winning teams.

Armstrong camp quiet

Neither Armstrong nor his representatives had any comment about Monday's decision, but the rider was defiant in August when he chose not to fight USADA in one of the agency's arbitration hearings.

- He argued the process was rigged against him.

USADA released its report to show why it ordered Armstrong banned from competition back in August. Monday's judgment by the UCI was just the necessary next legal step to formalize the loss of his titles and expel him from the sport.

It will likely also trigger painful financial hits for Armstrong as race organizers and former sponsors line up to reclaim what are now viewed as his ill-gotten rewards, though the cyclist maintains he never doped.

The U.S. government could also get involved in a case brought by Floyd Landis, who was key to taking down his illustrious former teammate by turning whistle-blower in 2010.

THE ASSOCIATED PRESS



Lance Armstrong speaks before a Livestrong charity event on Sunday in Austin, Texas. COOPER NEILL/GETTY IMAGES

By the numbers

\$3.85M

Tour de France director Christian Prudhomme wants Armstrong to pay back prize money from his seven wins, which the French cycling federation tallied at 2.95 million euros (\$3.85 million US). Armstrong was also awarded \$7.5 million plus legal fees from Dallas-based SCA Promotions Inc., which tried to withhold paying a bonus for the rider's 2004 Tour victory after it alleged he doped to win.

Lockout. Couture thriving in new Swiss hockey home

He can't play for the NHL, but Logan Couture is proving to be a bonus for the National League A Geneve-Servette team in Switzerland.

The NHL locked out its players on Sept. 15, sending many of them to foreign countries to keep their skills sharp.

It didn't take long for Couture, a former Ottawa 67, to get used to his new environment. The second leading scorer for the San Jose Sharks last season has notched three goals and seven assists in 10 games in Geneva.

He's at the heart of a trio that is considered the most productive on the team, which includes Dan Fritsche (7-9-16) and Kevin Romy (6-9-15).

"I'm here to help the team," said the 23-year-old Couture, who amassed 65 points, including 31 goals with the Sharks in

Quoted

"Every hockey player wants to play in the NHL.... We want to reach a deal, but if it doesn't happen, I'll be happy to continue playing in Geneva."

Logan Couture



2011-12. "I don't just do it by collecting points and goals. I want to play well and contribute in any way I can."

His team is far ahead of its rivals with 35 points, six more than Fribourg-Gotteron and Zurich.

THE CANADIAN PRESS

NHL to players: 'They know how to reach us'

Another day ticked by without progress in the NHL's collective bargaining talks.

The league and NHL Players' Association were each holding firm on their recent proposals Monday and have yet to even make plans for another bargaining session this week. With a Thursday deadline looming to reach an agreement and salvage an 82-game season, the sides appeared to be at odds over how best to proceed.

"(I'm) not sure there is any reason to meet if there is nothing new to say," deputy commissioner Bill Daly told The Canadian Press in an email. "Our position was communicated to the union pretty clearly last Tuesday and then again on Thursday."

By the numbers

135

The 37-day lockout has already seen 135 regular-season games wiped off the calendar. The NHL believes there would be enough time to add them back on and play a full season if an agreement could be reached in time to open abbreviated training camps on Friday.

"If they have a desire to meet with regard to the proposal we have on the table, they know how to reach us."

The sides touched base by phone over the weekend following a busy few days that saw each of them table new offers. They had been expected to gather in New York at some

point this week.

"They say they want a deal, but then they say they only want to meet if it is on their terms," said Steve Fehr, the NHLPA's special counsel. "Strange. That is not the way to reach an agreement. Bargaining is give and take — not just take."

Last Tuesday, the NHL proposed a 50-50 split of revenues across the board as part of a deal that would see a full regular season begin on Nov. 2. The union countered Thursday with three different proposals, which all moved towards 50-50 over the course of the deal.

The biggest concern for the NHLPA is ensuring all current contracts are honoured in full.

THE CANADIAN PRESS

MLB PLAYOFFS

AMERICAN LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7)
N.Y. Yankees (E) vs. Detroit (C)
(Detroit wins series 4-0)
Thursday's result
Detroit 8 N.Y. Yankees 1
Tuesday's result
Detroit 2 N.Y. Yankees 1
Sunday's result
Detroit 3 N.Y. Yankees 0

NATIONAL LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7)
(San Francisco (W) vs. St. Louis (wc)
(Series tied 3-3)
Monday's result
St. Louis at San Francisco
Sunday's result
San Francisco 6 St. Louis 1
Friday's result
San Francisco 5 St. Louis 0
Thursday's result
St. Louis 8 San Francisco 3
Wednesday's result
St. Louis 3 San Francisco 1

AHL

Sunday's results
Grand Rapids 4 Toronto 3 (SO)
Lake Erie 4 Texas 0
Binghamton 2 Hershey 1 (OT)
Milwaukee 5 Houston 4 (OT)
Syracuse 3 W-B/Scranton 1
Rockford 5 Charlotte 4
Saturday's results
Rochester 8 Hershey 7
Providence 3 Springfield 1
Lake Erie 5 Oklahoma City 3
San Antonio 1 Milwaukee 0
Abbotsford 4 Chicago 1
Manchester 6 Portland 4
Toronto 5 Hamilton 0
Houston 5 Texas 3
Bridgeport 3 W-B/Scranton 2
Syracuse 6 Binghamton 5 (OT)
Charlotte 2 Rockford 1
Norfolk 6 Connecticut 3
Adirondack 4 St. John's 3
Tuesday, Oct. 23 — All Times Eastern
Lake Erie at Oklahoma City, 7 p.m.
Portland at St. John's, 7:30 p.m.
Hamilton at Rochester, 7:35 p.m.

NBA

Monday's results
Milwaukee at Toronto
New York vs. Philadelphia
at Syracuse, NY
New Orleans at Dallas
Sacramento at Phoenix
Utah at Portland
Golden State at L.A. Clippers, 10:30 p.m.
Sunday's results
Orlando 104 San Antonio 100
Philadelphia 88 Boston 79
Oklahoma City 108 Denver 101
Sacramento 99 L.A. Lakers 92
Tuesday's games — All Times Eastern
Miami vs. Charlotte, 7 p.m.
at Raleigh, NC
Indiana at Cleveland, 7 p.m.
Oklahoma City at Chicago, 8 p.m.
Phoenix at Golden State, 10:30 p.m.

TRANSACTIONS

MLB

DETROIT TIGERS — Named Scott Bream director of pro scouting.
SEATTLE MARINERS — Named Dave Hansen hitting coach.
TORONTO BLUE JAYS — Claimed C Bobby Wilson off waivers from the L.A. Angels.
COLORADO ROCKIES — Named Mark Wiley director of pitching operations.

NBA

INDIANA PACERS — Exercised their option on G-F Paul George through the 2013-14 season. Released C Luke Nevill, G Sundiata Gaines and G Blake Ahearn.
LOS ANGELES LAKERS — Waived F Chris Douglas-Roberts and C Greg Somogyi.
OKLAHOMA CITY THUNDER — Waived G Walker Russell.

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CIS FOOTBALL

WEEK 8

ATLANTIC CONFERENCE

GP W L T PF PA Pt

Acadia 7 6 1 0 184 108 12

Mount Allison 7 3 4 0 117 205 6

Saint Mary's 7 2 5 0 140 123 4

StFX 7 1 6 0 153 231 2

QUEBEC CONFERENCE

GP W L T PF PA Pt

Montreal 8 7 1 0 262 95 14

Laval 7 6 1 0 259 88 12

Sherbrooke 8 5 3 0 235 192 10

Concordia 8 3 5 0 193 316 6

Bishop's 7 2 5 0 185 237 4

McGill 8 2 6 0 157 290 4

ONTARIO CONFERENCE

GP W L T PF PA Pt

McMaster 8 8 0 0 365 125 16

Guelph 8 7 1 0 251 209 14

Queen's 8 6 2 0 247 145 12

Western 8 5 3 0 324 168 10

Windsor 8 3 5 0 233 226 6

Laurier 8 3 5 0 109 229 6

Ottawa 8 2 6 0 246 260 4

York 8 2 6 0 192 274 4

Toronto 8 2 6 0 136 279 4

Waterloo 8 2 6 0 145 333 4

W L T Pts GF GA

y-Kansas City 17 7 9 60 40 26

x-D.C. 17 10 6 57 52 42

x-Chicago 17 11 5 56 45 40

x-New York 15 9 9 54 54 46

x-Houston 14 8 11 53 48 39

Columbus 14 12 7 49 42 43

Montreal 12 15 6 42 45 50

Philadelphia 10 16 6 36 36 40

New England 8 17 8 32 38 44

Toronto FC 5 20 8 23 35 60

WESTERN CONFERENCE

W L T Pts GF GA

y-San Jose 19 6 8 65 71 42

x-Seattle 15 7 11 56 51 32

x-Real Salt Lake 17 11 5 56 46 35

x-Los Angeles 15 12 6 51 58 47

x-Vancouver 11 13 9 42 35 41

FC Dallas 9 13 11 38 40 45

Colorado 10 19 4 34 42 50

Portland 8 16 9 33 33 55

Chivas USA 7 18 8 29 22 56

y-clinched conference

x-clinched playoff berth

NOTE: Three points for victory, one point for tie.

Sunday's results
Portland 1 Vancouver 0
San Jose 2 Los Angeles 2
Seattle 3 FC Dallas 1
Saturday's results
Toronto FC 0 Montreal 0
New York 0 Kansas City 0
D.C. 3 Columbus 2
New England 1 Chicago 0
Houston 3 Philadelphia 1
Colorado 2 Chivas USA 0
Wednesday's game — All Times Eastern
Philadelphia at Kansas City, 8:30 p.m.
Saturday, October 27
New York at Philadelphia, 1:30 p.m.
New England at Montreal, 2 p.m.
D.C. at Chicago, 4 p.m.
San Jose at Portland, 6:30 p.m.
Houston at Colorado, 9 p.m.
Vancouver at Real Salt Lake, 9 p.m.
Sunday, October 28
Toronto FC at Columbus, 4 p.m.
Chivas USA at FC Dallas, 7 p.m.
Seattle at Los Angeles, 9 p.m.

TENNIS

ATP-SWISS INDOORS BASEL

At Basel, Switzerland

Singles — First Round

Roger Federer (1), Switzerland, def. Benjamin Becker, Germany, 7-5, 6-3.
Lukasz Kubot, Poland, def. Lukas Lacko, Slovakia, 6-4, 6-4.
Julien Benneteau, France, def. Andrey Kuznetsov, Russia, 4-6, 6-3, 6-3.
Richard Gasquet (3), France, def. Robin Haase, Netherlands, 4-6, 6-3, 6-2.

ATP-VALENCIA OPEN

At Valencia, Spain

Singles — First Round

Lleyton Hewitt, Australia, def. Juan Monaco (4), Argentina, 6-3, 6-4.
John Isner (5), United States, def. Fabio Fognini, Italy, 6-3, 6-7 (4-7), 7-5.
Ivan Dodig, Croatia, def. Philipp Kohlschreiber, Germany, 6-2, 7-6 (8-6).
David Goffin, Belgium, def. Pablo Andujar, Spain, 6-2, 6-2.

1. Novak Djokovic \$8,172,445

2. Roger Federer \$6,426,451

3. Rafael Nadal \$4,997,448

4. Andy Murray \$4,693,850

5. David Ferrer \$2,571,221

6. Tomas Berdych \$2,256,209

7. Jo-Wilfried Tsonga \$1,947,977

8. Juan Martin del Potro \$1,904,610

9. Janko Tipsarevic \$1,613,074

10. John Isner \$1,282,934

11. Radek Stepanek \$1,262,315

12. Nicolas Almagro \$1,248,168

13. Richard Gasquet \$1,238,986

14. Juan Monaco \$1,189,419

15. Milos Raonic \$1,138,110

NFL

AMERICAN CONFERENCE

EAST

W L T Pct PF PA

New England 4 3 0 .571 217 163

Miami 3 3 0 .500 120 117

N.Y. Jets 3 4 0 .429 159 170

Buffalo 3 4 0 .429 171 227

SOUTH

W L T Pct PF PA

Houston 6 1 0 .857 216 128

Indianapolis 3 3 0 .500 117 158

Tennessee 3 4 0 .429 149 238

Jacksonville 1 5 0 .167 88 164

NORTH

W L T Pct PF PA

Baltimore 5 2 0 .714 174 161

Pittsburgh 3 3 0 .500 140 132

Cincinnati 3 4 0 .429 166 187

Cleveland 1 6 0 .143 147 180

WEST

W L T Pct PF PA

Denver 3 3 0 .500 170 138

San Diego 3 3 0 .500 148 137

Oakland 2 4 0 .333 113 171

Kansas City 1 5 0 .167 104 183

WEEK SEVEN

Monday's result
Detroit at Chicago
Sunday's results
Tennessee 35 Buffalo 34
Houston 43 Baltimore 13
Indianapolis 17 Cleveland 13
Minnesota 21 Arizona 14
Dallas 19 Carolina 14
Green Bay 30 St. Louis 20
N.Y. Giants 27 Washington 23
New Orleans 35 Tampa Bay 28
Oakland 26 Jacksonville 23
New England 29 N.Y. Jets 26
Pittsburgh 24 Cincinnati 17
Thursday's game
San Francisco 13 Seattle 6

CFL

WEEK 17

EAST DIVISION

GP W L T PF PA Pt

y-Montreal 16 10 6 0 440 445 20

Toronto 16 7 9 0 371 425 14

Winnipeg 16 5 11 0 339 492 10

Hamilton 16 5 11 0 470 515 10

WEST DIVISION

GP W L T PF PA Pt

y-B.C. 16 12 4 0 441 307 24

x-Calgary 16 10 6 0 464 382 20

x-Saskatchewan 16 8 8 0 425 361 16

Edmonton 16 7 9 0 370 393 14

y-clinched division

x-clinched playoff berth

Friday's results
Winnipeg 44 Toronto 32
B.C. 39 Edmonton 19
Saturday's results
Montreal 34 Saskatchewan 28
Calgary 34 Hamilton 32
Friday, October 26 — All Times Eastern
B.C. at Calgary, 9 p.m.
Saturday, October 27
Winnipeg at Hamilton, 1 p.m.
Toronto at Saskatchewan, 4 p.m.
Sunday, October 28
Edmonton at Montreal, 1 p.m.

TD C FG S Pts

McCallum, BC 0 43 123 7 173

Whyte, Mtl 0 46 93 7 146

Congli, Ham 0 42 102 1 145

Paredes, Cal 0 42 99 1 142

Palardy, Wpg 0 29 105 5 139

Shaw, Edm 0 36 87 11 134

Waters, Tor 0 22 78 7 107

Deangelis, Sas 0 25 72 1 98

Williams, Ham 14 1 0 0 86

Cornish, Cal 13 0 0 0 78

Dressler, Sas 13 0 0 0 78

Sheets, Sas 12 0 0 0 72

Milo, Sas 0 16 33 12 61

Harris, BC 10 0 0 0 60

Lewis, Cal 9 1 0 0 56

Whitaker, Mtl 9 0 0 0 54

Charles, Edm 8 0 0 0 48

Walker, Ham 8 0 0 0 48

Fantuz, Ham 7 3 0 0 48

Matthews, Wpg 7 1 0 0 44

Brink, Wpg 7 0 0 0 42

McPherson, Mtl 7 0 0 0 42

Prefontaine, Tor 0 5 30 4 39

Stamps, Edm 6 0 0 0 36

Grant, Ham 6 0 0 0 36

Koch, Edm 6 0 0 0 36

Simpson, Wpg 5 0 0 0 30

Bruce, BC 5 0 0 0 30

Anderson, Mtl 5 0 0 0 30

Horoscopes

Aries

March 21 - April 20
A breakthrough of some kind is likely today. It may or may not be financial in nature but it will certainly be something that makes your life simpler on a material level. You deserve it, so enjoy it.

Taurus

April 21 - May 21
You get along with most people, but you also have a tendency to take over their lives and make decisions for them. That is something you need to curtail today, both for their benefit and for your own.

Gemini

May 22 - June 21
The Sun's change of signs means you need to slow down a bit. You have started many new things in recent weeks and your main task now is to consolidate what you have gained. Don't be too greedy.

Cancer

June 22 - July 23
The Sun moves into the most dynamic area of your chart today, which means the next few weeks are going to be special. You will find that the right opportunity arrives at just the right time. The fun days are here.

Leo

July 24 - Aug. 23
It may seem to everyone else that you don't have a care in the world, but on the inside you can feel that something is missing. Start thinking of ways you can bring more meaning to your existence. It's important.

Virgo

Aug. 24 - Sept. 23
You have been avoiding a certain person because you know they are going to say things you don't want to hear. That's too bad because at some point today they will corner you and make you listen.

Libra

Sept. 24 - Oct. 23
You may be suspicious if someone offers you something for nothing today but the planets indicate you won't be cheated, so lighten up a little. Not everyone is out to deceive you, so don't deceive yourself.

Scorpio

Oct. 24 - Nov. 22
Forget about everything that has gone before and focus on all the good things that are sure to come your way over the next few weeks. The Sun in your sign makes all things possible.

Sagittarius

Nov. 23 - Dec. 21
The most important thing now is that you are totally honest with yourself. Don't try to pretend you have done well when you know it isn't true. It's not about judgment, it's about getting it right next time.

Capricorn

Dec. 22 - Jan. 20
Even if you are the kind of Capricorn who does not like joining organizations, you will find it easy to get involved over the next few days. There are people out there who share your attitudes and ambitions. Find them.

Aquarius

Jan. 21 - Feb. 19
The Sun's journey across the career angle of your chart means you should focus on your work and not worry too much about what else might be going on in your life. Put ambition first for a while.

Pisces

Feb. 20 - March 20
Now that the financial pressure is beginning to ease, you may be tempted to spend a bit more money. That's fine but don't go over the top and get yourself into debt again. Keep that belt tight just a little bit longer. **SALLY BROMPTON**

A Few Teams Are in Here

Across

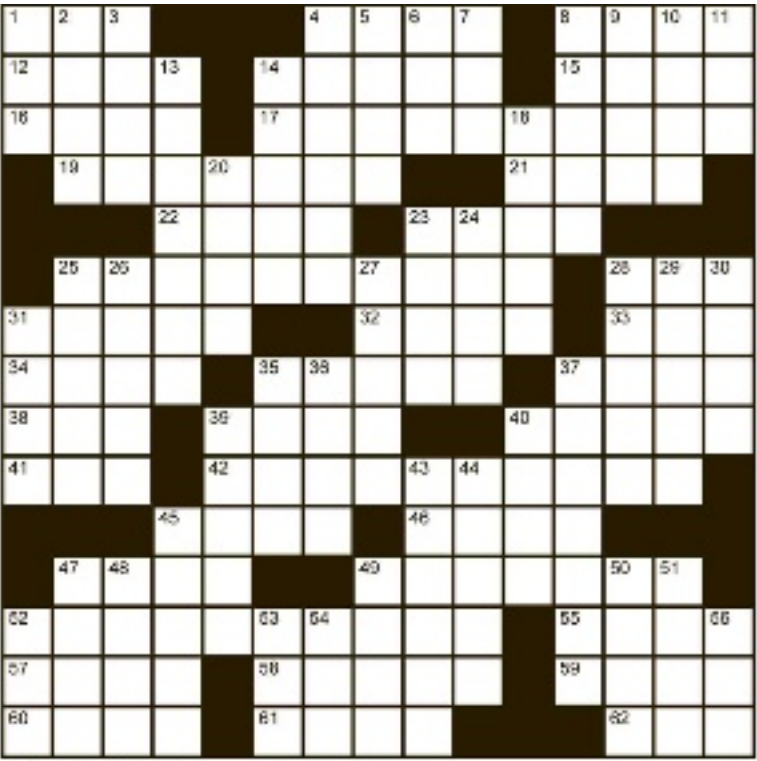
- Cable channel that broadcast *The Sopranos*
- "Quit it!"
- Lubricates
- Alero or Cutlass, in brief
- Mother of William and Harry
- Thought
- Slave away
- Put at risk
- The Gulf Islands are in BC's Strait of ____
- Stink
- Ancient France
- Animal den
- Calgary CFL team
- "I wandered lonely ____ cloud": start of Wordsworth's "Daffodils" (2 wds.)
- Vancouver CFL Team
- Like Bill Gates or Warren Buffet
- "My gal" of song
- Overnight stops
- Military bigwigs
- Boat
- Chess or checkers pieces
- Boast
- MTV audience
- Female sheep
- BC's wooded tropical region (2 wds.)
- Receives
- Regrets
- Revealed
- Northwest ____: Canadian sea route only recently open to regular marine shipping
- They handle our mail

(2 wds.)

- Armed conflicts
- Aardvark's meal
- Buenos ____, Argentina
- Audible exhalation
- Summer drinks
- Clairvoyant one
- Foot digit

Down

- Fresh off the grill
- Electronic journal
- Garfield* comic strip dog
- 28-Across's quotation, e.g.
- Spanish appetizer
- Zero, ____, two, ...
- ____ for the course
- Edmonton NHL team member
- Not doing anything
- Chive relative that's the Welsh emblem
- Unhappy
- Campaign poster inscriptions
- Unearth (2 wds.)
- From the Emerald Isle
- Bashes into
- What visitors to Hawaii often receive
- Rainbow shapes
- Muscular strength
- 1,000 kilograms
- Chosen at random, as one's lottery ticket
- Barbecue residue
- Blessed one
- European mountains
- Green citrus fruit



- Spoiled kid
- Kings: Fr.
- Teeter-totters
- Belief system
- Very: Fr.
- The longest river in BC, it has its mouth at Vancouver
- Boots from office
- Greenskeepers cut it
- Toronto group that backed Bob Dylan as The

- Hawks; with "The"
- Put chips into a poker pot prior to receiving cards
- Skin opening
- A horse's canter or gallop
- Therefore
- Rescuers of stalled cars
- Small batteries
- "Easy as ____!"
- That girl

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

9	7	8	2	4	3	5	6	1
8	2	4	7	5	1	9	6	3
5	1	3	9	6	8	4	7	2
2	8	7	6	1	5	3	4	9
4	6	1	3	2	8	6	5	7
3	5	8	8	7	4	1	2	6
7	4	8	1	3	2	6	9	5
6	3	5	4	9	7	2	1	8
1	9	2	5	8	6	7	3	4



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Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,639.14/coin
9999 Canada Maple leaf, less than 1 ounce	\$52.71/g
24k Jewellery	\$40.29/g
22k	\$36.90/g
E. Indian/Nuggets	\$32.71/g
18k	\$30.22/g
14k and dental	\$23.49/g
10k	\$16.76/g
9k	\$15.11/g
8k/antique gold	\$10.07/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,579.07
Gold 10 ounce (Recognized)	\$15,704.86
Gold 1kg (Recognized)	\$50,491.13
Gold bars, less than 1 ounce (Recognized)	\$50.50/g
999 Gold bar (Unrecognized)	\$49.12/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$30.79/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.63/g
Stamped Sterling Silver Jewellery	\$0.60/g
Mexican Silver stamped 925	\$0.51/g
Stamped 800 Silver	\$0.50/g
Unstamped scrap silver	\$0.33/g
Other silver coins	\$0.68/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-10-22, 19:51:27 PM

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Purity: 14k • Weight: 193.50g

PRICE: \$4,545.32



Example Purchase 2:

Purity: 24k • Weight: 6.42g

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PRICE: \$4,305.72



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